



Manchester University
NHS Foundation Trust

My Breast Milk Expressing Journal

Baby's name _____

Parent(s) name _____

The first 14 days and beyond



This journal has been created to help get your expressing off to the best start. Use this in conjunction with the expressing information which can be found on the Newborn Service website.

<https://mft.nhs.uk/saint-marys/services/newborn-intensive-care-unit-nicu/>

The website information provides some practical tips; this journal will also provide you with a record of how much milk you are producing. Sometimes it's difficult to express frequently, this journal will help you to see that frequent expressing really does help with your milk supply.

Why express?

Breastmilk is especially important for premature and poorly babies because of the protection it offers.

Your baby might have been born early or be unwell. Expressing your breast milk means that your baby can still receive the benefits of your breast milk until they are ready to feed for themselves.

Breast milk is especially important for premature and poorly babies due to the protection it offers. Try to think of it as a medicine that only you can provide.

In the early days you may feel so overwhelmed with emotion and exhaustion that it's difficult to take in new information, let alone think about expressing breast milk, but starting to express early (ideally within 2 hours) and frequently can really make a difference.

How much milk will I get?

In the first few days you would normally expect to get **a few drops** each time you express but remember this is perfectly



normal and every drop is really important for your baby. This amount will gradually increase to about a teaspoonful at each expression over the next few days. Then at around day 3 or 4 you may notice that your breasts feel fuller and your quantity of milk will increase as your milk changes from the thicker, yellow colostrum to paler looking breast milk.

Your breast milk is designed to match your baby's stomach. Starting off smaller and increasing as the days pass.

Size of a newborn's stomach



Day 1



Day 3



1 week



1 month

We encourage you to express frequently because we know that a good milk supply at around 2 weeks after your baby is born usually means that you will continue to produce lots of milk (as much as 750mls a day by that stage). This probably sounds like a lot when you're only getting drips in the early days and it can feel like a lot of pressure to produce large amounts of milk but remember that **however much milk you produce, your baby will benefit.**

Day 1

Expression	Time	Volume
1		
2		
3		
4		
5		
6		
7		
8 (aim for <u>at least</u> this many times)		
9		
10		
11		
12		

Day 2

A few more drops

Hand express for a couple of minutes before turning on the pump to help your milk flow.

Expression	Time	Volume
1		
2		
3		
4		
5		
6		
7		
8 (aim for <u>at least this</u> many times)		
9		
10		
11		
12		

Day 3

A bit more, about a teaspoon full

Expression	Time	Volume
1		
2		
3		
4		
5		
6		
7		
8 (aim for <u>at least</u> this many times)		
9		
10		
11		
12		

Day 4 and 5

Well done for expressing so far! You may find getting into a routine with your expressing may help you manage your time and give you flexibility.

Expression	Time	Volume
1		
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3		
4		
5		
6		
7		
8 (aim for <u>at least</u> this many times)		
9		
10		
11		
12		

Day 6

Your baby may already be feeding by breast or bottle. If your baby is too poorly or preterm to feed at this moment there's still lots you can do to support your baby until they are ready, just ask your Neonatal Nurse!

Expression	Time	Volume
1		
2		
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4		
5		
6		
7		
8 (aim for <u>at least</u> this many times)		
9		
10		
11		
12		

Day 7

Amazing! You've been expressing a whole week! If your milk supply is not increasing there are plenty of ways we can help, check out our top tips page and speak to your Neonatal Nurse.

Expression	Time	Volume
1		
2		
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4		
5		
6		
7		
8 (aim for <u>at least</u> this many times)		
9		
10		
11		
12		

Day 8 and 9

Your breast milk is tailor made for your baby and changes from feed to feed, adapting to the needs of your baby as they grow.

Expression	Time	Volume
1		
2		
3		
4		
5		
6		
7		
8 (aim for <u>at least</u> this many times)		
9		
10		
11		
12		

Expression	Time	Volume
1		
2		
3		
4		
5		
6		
7		
8 (aim for <u>at least</u> this many times)		
9		
10		
11		
12		

Day 10 and 11

Some mums find it very easy to express milk and they produce more than their baby requires, others need more time and may produce just enough to feed their babies. It can be very time-consuming to express but it does not mean that you will find breastfeeding equally difficult. After all, nature has equipped babies with a very efficient system of getting milk from the breast!

Expression	Time	Volume
1		
2		
3		
4		
5		
6		
7		
8 (aim for <u>at least</u> this many times)		
9		
10		
11		
12		

Expression	Time	Volume
1		
2		
3		
4		
5		
6		
7		
8 (aim for <u>at least</u> this many times)		
9		
10		
11		
12		

Day 12 and 13

Well done, you are doing great!

Expression	Time	Volume
1		
2		
3		
4		
5		
6		
7		
8 (aim for <u>at least</u> this many times)		
9		
10		
11		
12		

Expression	Time	Volume
1		
2		
3		
4		
5		
6		
7		
8 (aim for <u>at least</u> this many times)		
9		
10		
11		
12		

Day 14

Two whole weeks... well done! All your hard work has helped set your body up to make breast milk for your baby long term. Don't worry if you're not making as much milk as you thought you would, have a chat with your Neonatal Nurse to see how we can help.

Expression	Time	Volume
1		
2		
3		
4		
5		
6		
7		
8 (aim for <u>at least</u> this many times)		
9		
10		
11		
12		

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